

## ABSTRACT

The invention relates to a sports equipment or sports device comprising an elongated body (1), equipped with two handles (3), which are configured to accommodate hands and/or feet (8; 9). The elongated body (1) can be elastically flexed in (form) a longitudinal direction. In a preferred embodiment of the sports equipment or sports device, the elongated body is designed for use as a swimming float. The sports equipment or sports device is particularly suited for training, playing and/or exercising.